Health effects
Quitting smoking
What's in a cigarette?
Secondhand smoke
Research and development

Quitting smoking

Things to know if you want to quit

One of the required cigarette warnings for packages and advertisements in the U.S. is "SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health." To reduce the health risks of smoking, the best thing to do is to quit; public health authorities do not endorse either smoking fewer cigarettes or switching to lower-yield brands as a satisfactory way of reducing risk. For more information please see the links on the right.

For a discussion of the relative riskiness of lower-yield brands, please follow the external links on the right.

It can be difficult to quit smoking, and many smokers who try to quit do not succeed. Millions of smokers in the United States and around the world have succeeded, though - most without outside assistance. For more information on quitting, please see the links on the right.

For those smokers who want to quit but are having difficulty, there are many programs and products marketed as being helpful, including group classes, hypnosis, nicotine replacement therapies and smoking deterrents. The U.S. Surgeon General has said that "[s]moking cessation researchers have long recognized smoking to be a complex behavior influenced by physiological, psychological, cognitive and social factors. In general, most cessation treatments yield 1-year quit rates (based on all original participants) between 10 and 40 percent." If you want to quit and believe that outside assistance would be helpful, we encourage you to investigate the wide selection of options that are available, and see if there are any that seem right for you.

We're providing for your convenience links to sources of information about quitting smoking in the right-hand column.

Email a friend

Find out more...

Internal links

Reduced risk products
more >>

External links

Effects of quitting
more >>

1999 FTC analysis of machine test limitations (PDF)
more >>

United Kingdom's Scientific Committee on Tobacco and Health
more >>

An article by tobacco control advocates
more >>

Disputing the benefits of low tar cigarettes
more >>

Resources to quit smoking
more >>

Quitnet
more >>

Dr Koop's "Tackling Tobacco"
more >>

US Surgeon General reports

Highlights of the 1989 report (PDF)
more >>

1990 Report on benefits of smoking cessation (PDF)
more >>

2000 Report on regulation and tobacco
more >>

PM3001113793

Source: https://www.industrydocuments.ucsf.edu/docs/ssxk0001